



## SECTION ONE Standard House Diets

**Diet manual**

### Liquid Diet

### Clear Liquid Diet

#### General Description

This diet contains those foods or beverages which are clear, liquid or liquify at room and body temperature. It is composed of liquids that leave minimal residue in the intestinal tract. Caloric intake is derived mainly from mono- and disaccharides which are readily absorbed.

#### Indications for Use

This diet may be indicated as follows:

- To minimize residue in the colon prior to test or surgery.
- To initiate oral feeding for debilitated or postoperative patients.
- To initiate fluid and electrolyte replacement in patients who have had increased losses, e.g., febrile conditions, diarrhea, prolonged gastric drainage, or poor oral intake.

#### Nutrition Adequacy

In comparison to the Recommended Dietary Allowances, this diet is inadequate in all nutrients with the exception of ascorbic acid. It provides some electrolytes, minimal kilocalories, and fluid replacement.

#### Medical Nutrition Therapy

The clear liquid diet is contraindicated as the only means of nutritional support if used for longer than 2-3 days. In such cases, negligible residue nutritional supplements should be used to enhance nutrient intake. These supplements (i.e., Ensure, Ross Laboratories) are calorie/protein fortified, have negligible residue content and are known to be as effective in bowel evacuation as an elemental clear liquid diet<sup>1-3</sup>. Refer to the *ENTERAL FORMULARY* in the Appendices for a listing of negligible residue/elemental supplements currently available. The Dietitian will evaluate each patient's specific needs to choose an appropriate supplement.

## Clear Liquid Diet

### Guidelines

Food Groups	Foods Allowed	Foods Not Allowed
Fruit Juices	Strained orange juice or lemonade. Apple, grape, and cranberry juice. Clear fruit drinks, electrolyte replacement drinks.	All others.
Beverages	Carbonated beverages, black coffee.	All others.
Soup	Bouillon, clear broth, consommé.	All others.
Desserts/Sweets	Gelatin, fruit ice, popsicles.	All others.
Miscellaneous	Honey, sourballs, sugar, salt, lemon wedge.	All others.

### Suggested Meal Plan

Breakfast	Lunch	Dinner
Clear Fruit Juice	Clear Fruit Juice	Clear Fruit Juice
Broth	Broth	Broth
Gelatin	Gelatin	Gelatin
Tea	Tea	Tea

### References

1. Gutwein, I., Baer, J., Holt, P.R. The effect of formula diet on preparation of the colon for barium enema examination. Arch Intern Med, 141:993-996, 1981.
2. Kies, C. Clinical studies of Ensure, in current approaches to nutrition of the hospitalized patient. Proceedings of the Abbott-Ross Conference, Florida, p. 85, 1975.
3. Kies, D., Fox, H.M. Orally administered liquid formula and elemental diets as a sole source of nutrition for normal human adults (abstr). Fed Proc, 35:261, 1976.